



**STATE OF TENNESSEE
DEPARTMENT OF HUMAN SERVICES**

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TO: Family & Group Child Care Home Providers

FROM: Lois Barrett-Luke, Child & Adult Care Licensing Director

DATE: October 15, 2007

SUBJECT: Sudden Infant Death Syndrome (SIDS)

The requirements in the current Family and Group Child Care Home Rules regarding Sudden Infant Death Syndrome have not yet been updated to reflect best practice.

Fortunately, we are in the process of revising the home rules. As a result, new SIDS requirements will be included in the next revision of the rules for Family and Group Child Care Homes.

In the meantime, however, it is important that you are aware of the most recent recommendations for reducing the risk of Sudden Infant Death Syndrome. The following safe sleep procedures should always be followed to reduce the risk of SIDS.

We urge you to immediately adopt these practices in the best interest of the children you serve.

- ♦ Infants should be positioned on their backs when placed in a crib for sleeping.
- ♦ In order to avoid the risk of smothering, soft bedding for infants is not recommended.
- ♦ Infants should not be wrapped tightly or swaddled in blankets for sleeping.
- ♦ Infants should be touched by a caregiver every fifteen (15) minutes in order to check breathing and body temperature.
- ♦ Pillows are not recommended for infants
- ♦ If a child appears not to be breathing, the agency should immediately begin CPR and call for emergency medical assistance.

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- ◆ **Before any caregiver can assume caregiving duties of any type for infants they should be oriented in the foregoing SIDS procedures.**

The practices outlined above are based upon recommendations from recognized authorities in the childcare field, which have been dedicated to reducing the number of SIDS deaths for over a decade. Below is a list of some of the organizations that have been involved in this effort:

- ◆ National Institute of Child Health and Human Development - <http://www.nichd.nih.gov/sids>
- ◆ American Academy of Pediatrics - <http://www.aap.org>
- ◆ Maternal and Child Health Bureau - <http://mchb.hrsa.gov>
- ◆ First Candle (previously SIDS Alliance) - <http://firstcandle.org>
- ◆ The Association of SIDS and Infant Mortality Programs - <http://www.asipl.org>

If you would like to learn more about safe sleep practices and steps you can take to reduce the incidence of Sudden Infant Death among the children you serve, we encourage you to contact your Child Care Resource and Referral Center. A listing of the resource centers can be found on our web site at: <http://state.tn.us/humanserv/adfam/ccrrc.htm>

Thank you for all your efforts on behalf of Tennessee's Children.